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Bangalore Mirror

TEMP Max 26 | Min 20 | Humidity 75% Cloudy and thunderstorm Sensex 81,273 | Nifty 24,876 | Gold 99,452 | Silver 1,13,743 | Dollar 87.37 | Euro 101.92 | GBP 118.09

BLARE WITH IT

Govt's noise regulations ignored by public transport buses; KSRTC passengers have to suffer blaring music during journey

PAGE 4

BUILD IT UP

Civic activists, citizens report multiple building violations, but agencies yet to go beyond issuing notices as illegal constructions boom

PAGE 5

Stricter anti-tobacco laws seem to be ineffective when plumes of smoke engulf busy lanes of residential areas like HSR Layout; city records surge in public smoking cases this year as compared to last

GOING UP IN SMOKE

Between Jan 2024-April 2025, 57,130 violations booked

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Despite regular enforcement drives and daily cases booked under the Cigarettes and Other Tobacco Products Act (COTPA), public smoking continues to rise across the city, particularly near educational institutions and residential areas. The persistence of the problem, despite visible policing, has raised questions over the effectiveness of enforcement and the growing health risks for citizens.

An area that is especially facing the brunt of this is HSR Layout. Seen as a model residential hub for IT workers, the area has increasingly turned into a hotspot for rampant public smoking near colleges and residential complexes. Residents say groups openly smoke outside bakeries, paan shops, and street corners, some even boasting that they pay off authorities to escape action.

The violations have left stretches of busy lanes choked with smoke, turning everyday walks into an ordeal. The problem is particularly severe around NIFT Fashion College, 24th Main, 9th Main, and 5th Main, where residents allege the nuisance

CONTINUED ON PAGE 8 »

"Even our routine morning and evening walks have been badly affected, and it's the children and elderly who suffer the most

— HSR Layout resident

Driven to despair

Bengaluru tops list of suicides due to microfinance firm harassment; state launches crackdown

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Harassment linked to microfinance loan recovery has claimed multiple lives across Karnataka, with Bengaluru City recording the highest number of suicides this year. Official data tabled in the Legislative Council by Home Minister Dr G Parameshwara revealed that in 2025 so far, Bengaluru has reported two FIRs, three arrests, and one suicide linked to microfinance harassment.

The victim was identified as a 43-year old resident of Yelahanka. Other suicides were reported from Tumakuru, Ramanagara, Chikkaballapura, and Mysuru districts, with victims ranging from young adults to middle-aged individuals burdened by repayment pressures.

According to district-wise data, Tumakuru recorded 18 reported cases, 14 FIRs, two arrests, and two suicides — Saroja Karabi from Hukkeri, Belagavi, and Leelavathi Nagaraju from Sira, Tumakuru. Ramanagara district saw three reported cases and two suicides, including Aruna from Goudahalli village, Kanakapura, and Yashodamma from Kasaba Hobli. Chikkaballapura registered one suicide — Manjunath JT, 34, from Jalahalli, Gauribidanur taluk — while Mysuru district reported one suicide — Krishnamurthy, 35, from Malkundi, Nanjangud. Other cities such as Hubballi-Dharwad, Belagavi,

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Transcendent music

With a vision to promote intercultural dialogue and global peace, Sangamam, a first-of-its-kind musical experience, invites audiences into a captivating soundscape that transcends borders, genres, and generations. **Where: Windmills Craftworks, Whitefield; When: August 22 and 23, 9 pm**

02 Easel does it

CMR University is organising a 10-day CMR National Art Camp and Exhibition, titled 'Brushes and Beyond 2025', offering participants and visitors an enriching journey through various art forms. **Where: CMRU Lakeside Campus, Chagalahatti; When: August 18 to 28**

03 Artistic escape

Mythic Matrices, a landmark solo exhibition by acclaimed contemporary artist Seema Kohli, presented by the National Gallery of Modern Art, offers a focused retrospective of 20 pivotal years from Kohli's expansive practice. **Where: National Gallery of Modern Art, Vasanth Nagar; When: August 26 to September 26**

04 Digital realm

Nexus Shantiniketan Mall is presenting 'Thrillscape', the ultimate immersive digital adventure zone, crafted with next-gen technologies blurring the line between reality and the digital realm to offer a futuristic entertainment experience. **Where: Nexus Shantiniketan Mall; When: Until Aug 31, 12 pm to 9 pm**

05 Bollywood saga

Armaan Malik, known for his diverse range of music from romantic chartbusters to high energy hits, will be performing live, taking the audience on a melodious journey. **Where: Phoenix Marketcity, Whitefield; When: September 13, 6 pm**

Cleaner Lalbagh leaves visitors impressed

Stricter vigilance, timely clearance of litter, regular volunteering, and clear instructions given to vendors led to reduced litter during Independence Day flower show, say experts

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Banners outside Lalbagh displayed clear messaging prohibiting disposable plastic bottles inside park premises

Visitors at the Independence Day flower show at Lalbagh say they witnessed a significant drop in litter on the ground. Parmesh V, a regular attendee of the annual event, says the drop in litter is considerable this year.

"I visit the flower show every year, and the ground this year is considerably cleaner. While volunteers used to be present in the past events as well, the cleanliness is apparent this time. While some paper and plastic were still seen strewn around, the amount was minimal," said Parmesh.

Volunteers plogging at the show say it is heartening to see clean ground with minimal litter despite high footfall on August 15. "We found just 3 bags of litter around the rock and Bonsai Park. Most of the vendors have cleaned their premises and kept the trash packed around their stalls. We plogged the ground on Saturday and Sunday, and noticed a visible reduction in litter in comparison to previous plogs," said Plog Raja of Indian Ploggers Army.

Stricter vigilance, timely clearance of litter by the staff, regular volunteering by various NGOs, and clear instructions given to vendors by the authorities are some reasons leading to this improvement, experts say.

According to Sneha Monisha Mohan, a senior coordinator at Saahas, this year, the Horticulture Department brought in 25-30 temporary staff to manage waste collection. This, clubbed

Some say while minimal litter at this year's show is due to diligent volunteers and staff, behavioural change in visitors is important to keep premises clean

with volunteers working in multiple shifts during the day, are cited as the main reason behind visual cleanliness at the show this time around.

"The team is on the ground till 10 pm every day to plog. In addition to that, volunteers plogging during the event have made a big difference. Saahas got citizen volunteers and volunteers from various companies who come in two shifts of 3 hours each. They were briefed by Saahas coordinators and given placards, volunteer jackets, gloves, and big blue bags for picking litter. Many times, citizens have joined them too," said Mohan. However, some say that while less litter was visible this year due to diligent volunteers and staff, behavioural change in visitors is important.

For instance, mineral water bottles have been banned on Lalbagh premises, and it was made clear through banners at entrances. However, stalls outside the main gate continued to sell bottled water, leading to arguments when these were confiscated during gate checks.

"The clear messaging on the Lalbagh premises that mineral bottles do not fit in with an earth-friendly botanical garden is something that is made clear this year through extensive signs, and that is a clear step forward in pushing behaviour change to carry own water," said Odette Katrak, co-founder of Beautiful Bharat, a citizen volunteer group, adding that mineral water bottles are not banned in Karnataka as per the plastic ban, but in October 2018, Lalbagh, under the then director, took a bold step which has been instrumental in greatly bringing down litter.

Heart attack death caught on CCTV

A 52-year-old driver of a logistics firm collapsed and died after suffering a heart attack outside a factory in Gangondanahalli, Nelamangala. The deceased has been identified as Prakash Reddy, a resident of Rayasandra. The incident took place when Reddy had brought materials from Bommasandra in a goods vehicle to unload at the Prince Packaging Factory. CCTV footage, lasting 55 seconds, shows him suddenly falling to the ground and struggling for help. Locals later rushed him to a hospital, but he did not survive.

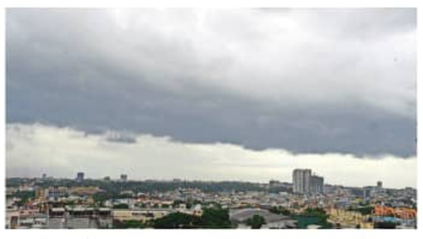
Lifestyle changes key to prevention

Following growing public concern over sudden heart attack cases across Karnataka, Medical Education and Skill Development Minister Dr Sharanaprakash R Patil reassured citizens that there is no cause for panic. Responding to a query from Congress member Dinesh Gooligowda in the Legislative Council, Dr Patil said lifestyle changes—such as regular exercise, balanced diet, timely sleep and stress management—are essential to prevent heart-related ailments. A committee led by Dr KS Ravindranath, Director of Jayadeva Institute of Cardiovascular Sciences, has already confirmed in its report that public fears are unfounded. Dr Patil also announced that the government has mandated the establishment of super-speciality hospitals in all district government hospitals to strengthen cardiac and trauma care. **— BMB**

Bengaluru braces for cloudy skies over the week

Bengaluru saw a hill-station-like start to the week with steady drizzle, chill and cloudy skies. The city is expected to witness cloudy skies, gusty winds and spells of rain over the next several days, as per the India Meteorological Department's latest forecast.

For the next 24 hours, the city and its surrounding areas are likely to remain generally cloudy, with light to moderate rainfall. Winds are expected to blow at 40–50 kmph, while temperatures will hover around 24°C (maximum) and 19°C (minimum). In the 48-hour outlook, conditions will remain similar, with light to moderate showers continuing under a cloudy sky. Winds are predicted to sustain at 40–50 kmph, and temperatures may rise slightly, with a maximum of 25°C and a minimum of 20°C.



Beyond Bengaluru, several districts of South Interior Karnataka, including Ramanagara, Tumakuru, Mysuru, Mandya, Chikkaballapura, and Chitradurga, are also expected to experience rain over the week. Meanwhile, heavy to very heavy rainfall has been forecast in parts of Shivamogga, Chikkamagaluru, Hassan, and Kodagu, which could intensify weather conditions across the region. **— BMB**

Staff shortage disrupts BBP administration

Over 20 key officer and staff posts remain vacant at Bannerghatta Biological Park, hampering its daily administration and management. Though the park comes under the Karnataka Zoo Authority, several crucial positions meant for forest service officials remain unfilled. Of the three posts of Range Forest Officer, only one is occupied, while all 20 sanctioned posts of Forest Guards and Watchers are lying vacant. The park, which houses over 2,000 animals, birds, reptiles, and insects across 94 species, attracts an average of 5.9 million visitors annually and generates revenue of around Rs 59 crore. Yet, it continues to depend heavily on 390 contract and outsourced staff, with only 10 permanent government employees in place. A senior official said repeated appeals have been made to the Forest Department and ministers to fill permanent posts, stressing that with the park's steady growth, the need for regular staff has become urgent. **— BMB**

BDA to launch 3D online platform for home purchase

The Bangalore Development Authority (BDA) is set to go hi-tech with a new online platform that will allow buyers to view its flats and villas in 3D and complete the entire purchase process digitally, without repeated visits to offices. The website, expected to go live by the end of this month, will provide virtual walkthroughs of every unit, along with details such as total cost, availability, parking space, deadlines for applications, and payment schedules. Except for final registration at the Sub-Registrar's office, all other steps—from application and document submission to payments and ownership certificate—can be done online.

Until now, BDA's online system only supported basic bookings with limited floor plans. The upgraded platform will feature videos, full specifications of each flat and villa, and real-time updates. Buyers will get up to 180 days to complete registration, with no interest if done within 90 days, while delays beyond that will attract interest. Officials said the move will eliminate complaints of red-tapism and make property buying a seamless experience for home seekers. **— BMB**

Woman alleges rape at city hotel, accused absconding

Bengaluru police have registered a case against a former MLA from Uttar Pradesh Bhagwan Sharma, after a woman alleged that she was raped by a man who had promised to marry her.

According to the complaint filed the incident began on August 14, when the accused, identified as Bhagwan Sharma, took her and her eight-year-old son to a hotel near the Bengaluru airport, identified as the Taj Hotel.

He reportedly assured the complainant that he would marry her through a registered court marriage and took her around several places in the city.

On August 16, the complainant stated that Sharma took her and her son to Chitradurga and, a day later, returned with them to the same hotel near the airport. There, he allegedly booked room no 582, where he clicked casual photos and videos with her. The complainant has alleged that Sharma then raped her and later fled from the spot.

She claimed that the accused threatened to kill her if she revealed the matter to anyone. Fearing for her safety, the complainant later approached the police and filed a formal complaint. **BMB**

Fraudsters dupe youth of ₹34 lakh

A 32-year-old unemployed commerce graduate was cheated of Rs 34 lakh by cyber fraudsters who lured the victim with a job offer and a marriage proposal.

The victim allegedly diverted money from their mother's account without her consent, raised gold and personal loans, and even sold personal Euro savings to fund payments demanded by the accused between July 2024 and January 2025.

According to the complaint, the victim had registered on a matrimonial website where they came in contact with a man named Dashmeet Singh Bindra from Delhi. Bindra introduced the victim to another man, Rahul Khanna, who posed as the HR head of GMR Group and offered the victim a post as Ground Wing Manager at IGI Terminal 3, Gurugram.

The accused demanded money under various pretexts, assuring that the job was genuine. Despite repeated reassurances, neither the refund nor the job materialised.

In March this year, the fraud came to light when the victim's brother verified the documents and confirmed they were fake. The East Division Cyber Crime police registered an FIR on Thursday against unknown persons under relevant sections of the IT Act and cheating provisions under the BNS. **BMB**

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Burglary reported, police yet to respond

Despite days having passed since FIR registration, police have not provided any updates or taken any preventive action, says Banjara Layout resident whose house was robbed by unidentified intruders

A senior citizen and civic volunteer from Trinity Enclave in Banjara Layout has raised concerns over the lack of police updates and follow-up after a daring four-hour burglary at his residence earlier this month.

Despite filing a First Information Report (FIR) with RM Nagar Police Station and submitting video evidence, the 65-year-old resident says he has received no updates for five days, leaving him and fellow residents anxious about safety in the neighbourhood.

Between 1.42 am and 4.50 am on August 9, while the homeowners were away, burglars broke the grill gate, forced the front door lock open, and stole cash, foreign currency, a DVR, silver anklets, two Titan watches, and artificial jewellery worth over Rs 65,000. CCTV shows a masked suspect in black disabling the entrance light and Wi-Fi camera before discarding them nearby.

The intruder entered at 3.23 am, left at 4.41 am, and ransacked cupboards. Police arrived after a 112 call but found no fingerprints. The victims lodged a detailed complaint and submitted CCTV footage on August 11 at RM Nagar Police Station.

The FIR was duly registered, and the complainant was assured that the police would visit the site and update them on the investigation. However, days later, there has been no further communication.

The victim admits to receiving an acknowledgment after filing the FIR, and says the police responded promptly when called. However, beyond asking about the value of the lost property, they posed no further questions. "I was told to submit the CCTV footage, which I did. I understand preparations for Independence Day might be keeping them busy, but the incident has left us traumatised. The lack of any updates on the investigation is making us lose confidence in policing and our safety under the law and order system," said the victim.

In his mail, the victim expressed that the incident appeared to be professionally planned, lasting four hours in a not-so-secluded area, leaving the residents deeply shaken. He highlighted that it is the fourth house break-in the area has seen since 2008 despite increased security measures.

"More than the loss of valuables, it's the persistent fear and lack of safety that rob us of peace of mind. More than loss of money and items, it is the deep fear of lack of security for both of us and other residents in our layout and other neighborhood in Banjara Layout, that is taking away our mental peace. Solving this robbery will do a lot of good to restore our peace of mind," said the victim.

According to the victim, the locality has long faced a lack of beat patrols despite repeated requests from Resident Welfare Associations (RWAs), with police citing manpower shortages. There are no police surveillance cameras even at main entry and exit points, forcing RWAs to install CCTV cameras with their own funds. Residents say that whenever police officials conduct awareness programmes, they voice their concerns and request regular patrolling. While officers respond for a day or two, the situation quickly returns to the usual state of neglect.

The core grievance is not merely the burglary itself, but the lack of communication and updates from the police. "We need our voices heard by the officers. It's not enough to register the FIR—there should be regular updates, and preventive action," the complainant said.

Coffin mix-up causes misery

A grave error in Bengaluru has left grieving families in shock after the body of a young man was wrongly dispatched due to incorrect labelling of a coffin. Rakesh Shaw (21), employed as a supervisor with a private company in Bengaluru, tragically died of electrocution on August 15.

His body, along with another deceased person from Siliguri, West Bengal, was prepared for transportation from the city to their respective families. According to family members, the confusion arose when the coffins were incorrectly tagged at the dispatch point in Bengaluru.

Rakesh's coffin was mistakenly handed over to his family in Odisha's Balasore district, but on opening it, the family realised that the body was not his.

The matter was immediately reported to the company handling the transportation. The ambulance, which had already left for Siliguri with the other coffin, was forced to turn back midway for an exchange of bodies. Family members of the deceased alleged that the shocking mix-up occurred solely due to wrong labelling at the Bengaluru dispatch centre, turning an already painful situation into a distressing ordeal. **BMB**

Aqua Queen Dr. Savitha Rani M Celebrates 79th Independence Day with Patriotic Aquatic Tribute

SPOTLIGHT

Bengaluru, August 15: World Book of record holder Dr. Savitha Rani M, popularly known as the Celebrity Jalayoga Queen of India, marked the 79th Independence Day with a unique patriotic performance in water.
Holding the Indian Tricolour measuring 3x5 feet.

Dr. Rani is the first person to perform Jalayoga at the historic Mahakumbh Mela in Prayagraj, an event held once in 144 years, and the first to deliver a TEDx talk on Jalayoga, bringing the ancient art to global platforms.

With over 25 years of dedication, she has received more than 200 awards, including Jalayoga Star of Bharath, Aqua Queen, and the Saalumarada Thimmakka National Greenery Award. Beyond yoga, Dr. Rani has consistently championed social causes—notably voter awareness campaigns where she performed symbolic water routines during election seasons, earning wide media recognition.Currently serving as Director of Corporate Relations at Dayanand Sagar University, Dr. Savitha Rani continues to inspire as a cultural ambassador, environmental advocate, and patriotic voice dedicated to national service.

KSRTC noise rules under scanner after bus incident

KSRTC faces criticism after conductor plays loud music before departure, commuters argue rules unfairly applied, demand equal enforcement for staff and passengers to ensure safe journeys

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A recent incident on a Karnataka State Road Transport Corporation (KSRTC) bus has raised concerns about the enforcement of noise control rules in public transport. Despite clear restrictions on playing loud music inside buses, a KSRTC vehicle from Bengaluru to Mysuru was found blaring songs by its conductor before departure on Sunday, leaving several passengers visibly disturbed. Some tried to block out the noise with earphones, while others simply waited for it to stop, questioning why the rules were not being followed by the very staff meant to uphold them.

PICTURE FOR REPRESENTATION ONLY

KSRTC conductor plays loud music, disturbing passengers despite noise ban

Noise-free commute

The Transport Department has repeatedly stressed that passengers must use earphones or headphones if they wish to listen to music or watch videos, following directives issued after a Karnataka High Court order. Circulars specifically prohibit mobile phones or speakers from disturbing fellow commuters, with the aim of ensuring a peaceful travel environment. However, the KSRTC incident has now highlighted renewed concerns about enforcement.

The Karnataka Motor Vehicle Rules (1989) also address noise inside public vehicles. Rule 94 empowers a driver or conductor to ask any passenger "singing, playing a musical instrument, or operating a transistor radio" to alight from the bus. Though primarily aimed at passengers, the provision underlines the importance of maintaining quiet, safe journeys for all.

One rule for everyone

Even though the music was switched off once the journey began, a commuter raised concern: "If passengers are warned not to play music loudly on their phones or speakers inside buses, why are the rules different when the driver or conductor plays it?" The restriction on loud music aims to prevent driver distraction, minimise inconvenience, and maintain a calm atmosphere for commuters. Recently, the Bengaluru Metropolitan Transport Corporation (BMTC) cracked down on violations, including mobile use by drivers, ticketless travel, and loud music. The KSRTC incident, however, raises doubts about staff compliance, undermining passenger trust and safety.

Transport Department's clarification

Officials from the Transport Department clarified that KSRTC buses are not allowed to have entertainment systems. The installed speakers are meant only for essential announcements on routes, stoppages, and safety instructions, particularly to aid visually impaired passengers. In rare cases, conductors may play music at a low volume, but officials stressed that doing so loudly is strictly against policy.

"While a conductor might occasionally play music softly, playing it loudly or causing disturbance is a clear violation of KSRTC rules. Passengers have the right to ask for the music to be stopped or file a complaint. The conductor is obligated to comply immediately," said an RTO official, reaffirming the department's commitment to safe, peaceful journeys.

Unequal enforcement between private and government vehicles

A passenger also pointed out the lack of uniformity in implementation. While private buses, autorickshaws, and cabs have faced fines for violating noise rules, cases involving government buses are rarely reported or acted upon. "It feels like there are two sets of rules, one for us and another for them," said another commuter, echoing frustration over selective enforcement.

Not all passengers reacted negatively. While some expressed irritation, others seemed to enjoy the songs quietly. Few avoided the disturbance by wearing earphones, while others simply waited for conductor to switch off the system once the journey began. The restriction on loud music serves a dual purpose—reducing distractions for drivers and ensuring commuter comfort. The recent KSRTC incident reignited debate on enforcement consistency and whether authorities themselves undermine the regulations they are expected to uphold.

Metro commuters urged to respect senior citizen seats

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Bengaluru's senior citizens are urging the Bangalore Metro Rail Corporation Limited (BMRCL) to introduce regular announcements reminding commuters about seats reserved for the elderly. They argue this step is essential to ensure comfort, dignity, and inclusivity, as many older passengers continue to struggle to find a seat despite existing reservations.

Currently, metro coaches carry designated markings for seniors, women, and differently abled passengers. However, elderly commuters complain these reserved seats are often occupied by younger passengers, and many seniors hesitate to directly request them to vacate. In the absence of repeated announcements, BMRCL depends solely on signage, which seniors insist is inadequate.

The city had more than 8 lakh elderly residents in 2011, with numbers rising steadily over the past decade

"Sometimes, the reserved seats are occupied by people who either don't notice the marking or simply ignore it. As senior citizens, we don't feel comfortable requesting them to vacate. If announcements are made at regular intervals, people will be more mindful," said a 68-year-old commuter, frequent traveller between Vijayanagar and Majestic.

For many elderly commuters, the challenge lies not only in crowded compartments but also in a lack of awareness among fellow passengers. A 72-year-old retired school teacher shared her experience, "I once stood for 25 minutes from Baiyappanahalli to Jayanagar because the reserved seats were all taken by younger passengers. I did not want to create a scene. If there had been an announcement, it would have helped remind people of their responsibility."

Public transport experts believe the request is both reasonable and easy to implement. "The metro already has an announcement system in place for stations and safety instructions. Extending this to include reminders about reserved seating will not cost much but can go a long way in improving accessibility for vulnerable groups," said a transport policy analyst. The demand has gained momentum as Bengaluru's ageing population rises. As per the 2011 Census, the city had over 8 lakh senior residents, a figure that has since grown, making inclusivity in metro travel a pressing urban concern.

Pink Line project costs rise, deadline slips

After the Yellow Line, Bengaluru's highly anticipated Pink Line (Nagawara–Kalena Agrahara) faces fresh delays, with operations now rescheduled to December 2026 instead of the original September 2024 deadline. Experts warn this timeline could slip further unless train supply, signalling, and electrification are expedited. The 21.25 km corridor includes a 13.89 km underground stretch and a 7.5 km elevated section with 18 stations. Civil work on the elevated portion is 92% complete and tunnelling 95% done, but earlier setbacks—particularly tunnel boring machines getting stuck—have slowed progress. Project costs have also risen from ₹11,014 crore to nearly ₹12,000 crore, with the tunnel alone estimated at ₹5,000 crore. Activists stress timely train delivery and insist the Pink Line must open by 2027 to ease city's congestion.

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Impact

Rajarajeshwari Nagar

After this column highlighted the pothole-ridden road at Rajarajeshwari Nagar, BBMP responded promptly and carried out repair work, restoring the stretch and providing much-needed relief to daily commuters and residents.

Unsafe road

Kavalbyrasandra

Shoddy drainage work by BBMP/BWSSB at 4th A Cross, MM Layout, Kavalbyrasandra, has left the road uneven and unsafe, posing a serious danger to two-wheeler riders and pedestrians.

Carcass removal

PNB Residence

A dead cat has been dumped on 9th Cross, 3rd Main near PNB Residence. The carcass is causing foul smell and health concerns. Kindly arrange immediate removal and sanitation.

'POCSO Act applies equally to men, women'

The Karnataka High Court on Monday dismissed a petition by a 52-year-old woman seeking to quash a sexual assault case under the Protection of Children from Sexual Offences (POCSO) Act. The Court emphasised that the Act is gender neutral and applies equally to men and women.

Justice M Nagaprasanna, delivering the order, stated, "The POCSO Act, being progressive, safeguards the sanctity of childhood. It is rooted in gender neutrality, protecting children irrespective of sex. The Act is thus gender neutral."

The Court clarified that Sections 3 and 5, defining penetrative and aggravated penetrative sexual assault, form the basis for offences under Sections 4 and 6, applying equally to men and women. While some provisions use gendered pronouns, the judge said the preamble ensures inclusivity.

Rejecting the petitioner's claim that the case was filed after a four-year delay, the Court said, "The delay in registration cannot become a reason for quashment, considering the victim's age and nature of the offence." It dismissed arguments of psychological impossibility and absence of potency testing, stating modern jurisprudence does not allow such stereotypes to cloud legal scrutiny

IN HIGH COURT

The case involves allegations that the petitioner, a neighbour of the complainant's family, committed aggravated penetrative sexual assault on a 13-year-old boy in 2020. An FIR was lodged in June 2024. Senior Advocate Hashmath Pasha, representing the petitioner, argued the complaint was motivated by financial disputes.

The Court found no merit in these claims and dismissed the plea. Given the sensitive nature of the case, in-camera proceedings were conducted.

–BMB

Notice for panchayat no-confidence meet

The Karnataka High Court has ruled that assistant commissioners can issue a fresh notice for a no-confidence meeting of a gram panchayat if the originally scheduled meeting is stalled due to interim court orders. The decision came while dismissing a petition filed by Gangavva, president of Jakkali gram panchayat in Ron taluk, Gadag district, who challenged the validity of such a notice.

Justice Suraj Govindaraj observed that once a court stay is vacated and related challenges disposed of, "a new notice can be issued once the stay is lifted and any challenges to it are dismissed." The law allows the assistant commissioner to hold the meeting within 30 days of issuing the notice, with a mandatory 15-day notice to panchayat members.

The dispute began on November 6, 2024, when an initial no-confidence meeting scheduled for November 29 was cancelled due to lack of quorum. On June 6, 2025, panchayat members submitted a fresh requisition, prompting a new notice for July 2, which Gangavva challenged in court. The High Court granted an interim stay, preventing the meeting. After disposing of the petition on July 9, the assistant commissioner issued a fresh notice on July 14, scheduling the meeting for July 30.

Gangavva argued the requisition had lapsed under Rule 3 of the Karnataka Panchayat Raj Rules, 1994, as the July 2 meeting could not take place. Panchayat members countered that it remained valid since the court's stay had prevented the meeting. Justice Govindaraj agreed, noting the 30-day period under Rule 3 ensures timely action and protects requisitioners' rights, not the incumbent office-bearer.

–BMB

Nagarathpet fire reignites debate on building violations

Activists accuse civic bodies of neglect, claiming illegal constructions flourish in Bengaluru due to weak enforcement and lack of political will

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Each time a building mishap occurs, the Chief Minister, Deputy Chief Minister, or BBMP officials rush to the site, promising strict action against illegal constructions in Bengaluru. On Sunday, Deputy Chief Minister DK Shivakumar visited the five-storey building at Nagarathpet near KR Market, where five people tragically lost their lives in a fire accident. He instructed BBMP authorities to immediately identify structurally weak and unscientific buildings across the city to prevent further accidents and ensure public safety.

Though the ministers' statements bring some relief, citizens want the government to announce that it would act tough against those violating building byelaws. However, the ministers and the BBMP authorities forget the existence of such buildings after issuing notices to the owners for violating the building byelaws.

Despite several building collapses, including under construction structures, being reported over the years, the BBMP engineers have taken no measures to inspect buildings under construction.

The BBMP wants neighbours, social activists or media to report violation of building bylaws.

Take the case of a building in Chamarajpet. The assistant executive engineer of Chamarajpet Sub-Division, BBMP, issued a notice to the owner of the building (No. 44, 4th Main Road) on January 24, 2025 to submit the documents of the building plan. The BBMP Zonal Commissioner (West) issued a notice to the owner on March 21, directing them not to continue construction of the building as three floors were constructed illegally.

The status of the alleged illigal stucture as on August 18, 2025

Residents allege years of negligence, citing Nandidurg Road Extension where 15 buildings flout byelaws. Court orders and complaints have failed to push BBMP into decisive action

The BBMP assistant executive engineer (Chamarajpet Sub-Division) wrote a letter to the Bescom assistant executive engineer on July 5, 2025 to disconnect the electricity to the building under construction for violation of building bye-laws. However, the Bescom assistant executive engineer has not disconnected the electricity to the illegal building even after 45 days of receiving the letter from the BBMP.

When contacted, Bescom assistant executive engineer Fakrudin told this correspondent to WhatsApp the copy of the BBMP letter written in July. The result is: The construction of the illegal building is in progress without any hurdles.

Meanwhile, Anil Kumar GR, a social activist, has lodged a complaint with Karnataka Lokayukta against Bescom authorities for not disconnecting the electricity to the illegal building.

The other example is the illegal construction of buildings at Nandidurg Road Extension. According to Satya Achayya, a resident of Nandidurg Road Extension, violation of building bye-laws has been rampant at Nandidurg Road Extension since 2009. "Fifteen buildings have been constructed in violation. No set back and one extra floor. All cases reported in person to the Commissioner. I filed a PIL and the order was not honoured by the BBMP which undertook to take action. I did not want to file a contempt case," said Achayya.

How many residents can approach courts seeking direction to the BBMP authorities to stop construction of the buildings violating building bye-laws?

According to BR Chandran, a social activist, the BBMP authorities visited the illegal building and inspected it and found violation of building bye-laws. "The BBMP is yet to take suitable action even after three months," said Chandran.

Ramya: Arrest all accused in online abuse

Actress and former Congress MP Ramya has appealed to the police to arrest all individuals who brutally trolled her online for supporting Renuka Swamy's family in the high-profile fan murder case involving actor Darshan. She filed a complaint against 43 social media accounts, with some accused even threatening her with rape. The Central Crime Branch (CCB) Cyber Crime Wing has arrested seven people so far.

Speaking to the media in Bengaluru on Monday, Ramya said, "The vulgar comments have stopped. As public figures, we can ignore some messages. Only seven accused have been arrested, and the rest should also be taken into custody." She added, "There is now awareness about standing up to trolls. Many women messaged me saying they lacked courage before. Now, after police action, trolling has reduced."

Darshan, the second accused in the fan murder case, is currently lodged in Bengaluru Central Prison after the Supreme Court cancelled his bail. His fans targeted Ramya after she shared a post about the fan murder case, commenting that justice should be served.

Ramya explained that she shared the Supreme Court update to give hope to people. "After that, the trolling began. Some threatened me with rape. If this can happen to me, what about others? Bengaluru Police Commissioner Seemanth Kumar Singh assured me of action and transferred the case to the Cyber Crime Wing. Women have the same freedom as men. Actor Darshan should have told his fans not to post such messages."

She stressed that public figures must follow the law and set examples. She recalled earlier trolling faced by actors Yash and Kichcha Sudeep, saying timely action could have prevented escalation.

Ramya highlighted that many accused used fake profiles with women's names and posted indecent photos. While she has received support from the film industry, many women remain silent due to fear of character assassination. In her complaint, she stated, "The fans sent scandalous, ghastly, and obnoxious messages to my Instagram. The messages were so disgusting and misogynistic that I cannot even reproduce them." Both the Film Industry for Rights and Equality (FIRE) and the Karnataka State Women's Commission have urged swift police action against these abusive posts.

–IANS

Hebbal flyover launch triggers chaos, spurs tunnel proposal

Morning launch worsens congestion as commuters fume, while Deputy CM unveils ₹17,000 crore tunnel road vision to ease Bengaluru's gridlock

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The inauguration of the new Hebbal flyover loop on Monday morning turned into a nightmare for thousands of commuters, as peak-hour traffic came to a grinding halt across the stretch. What was expected to ease congestion instead triggered chaos, leaving office-goers and airport-bound passengers stranded in bumper-to-bumper traffic.

Motorists took to social media to vent their anger, questioning the decision to hold a public event during rush hour on the first working day after a long weekend. Several commuters reported unusually long delays. "It took me 30 minutes to cross a stretch that normally takes two minutes," one commuter complained. Many pointed out that the loop had been accessible over the weekend but was suddenly closed on Monday morning for the ceremony, causing further frustration.

Adding to the discontent was inconsistent access in recent days. Travellers alleged that the ramp had been opened and closed without proper notice, creating unnecessary confusion. Others argued that the new loop had not solved the larger problem but only shifted the bottleneck towards Baptist Hospital, where multiple streams of traffic squeeze into a narrower road. Buses halting directly under the flyover compounded the mess, leaving motorists stuck for long durations.

Commuters complain about inconsistent flyover access, with sudden closures for ceremonies worsening traffic snarls and creating bottlenecks near Baptist Hospital

Some users remarked that such disruptions were nothing new. "The same happened when the Prime Minister visited; traffic was diverted and city life came to a standstill. Nobody wanted to talk then, but now everyone is up in arms," one commuter said, describing what they felt was selective outrage.

Officials, however, defended the project. They maintained that teething troubles were to be expected but insisted that the flyover loop would eventually provide much-needed relief. Commuters, meanwhile, demanded better planning, coordination between agencies, and real-time updates on closures to prevent gridlocks on critical corridors.

Amid criticism, Deputy Chief Minister DK Shivakumar announced another ambitious plan—a 1.5-kilometre tunnel road to connect Esteem Mall and Baptist Hospital. He said he had already discussed its feasibility, funding, and benefits with Chief Minister Siddaramaiah.

Speaking to reporters after the inauguration, Shivakumar detailed the scope of the flyover project. He said the loop from KR Puram to Mekhri Circle had been completed at a cost of ₹80 crore, while another loop would be ready by November. "This project, costing around ₹300 crore overall, has been designed to expand road capacity from two lanes to six lanes," he said.

He also revealed that tenders had been floated for a much larger 16.5-kilometre tunnel road project worth ₹17,000 crore, aimed at easing congestion across the city. "BDA Chairman Harris has already taken charge of expediting construction of another loop at Hebbal Junction," he added.

> **"Money is not important for us, work is.. Our government is determined to fix Bengaluru's notorious traffic snarls** –DK Shivakumar, Deputy Chief Minister

Reiterating the government's commitment to solving Bengaluru's traffic crisis, Shivakumar said, "Passengers coming from the airport and commuters across the city have been facing congestion for years. Our government is determined to fix this. I have briefed the Chief Minister on measures being taken from Hebbal Junction to Silk Board Junction."

On the financial aspect, he insisted money was not an obstacle. "Money is not important for us, work is. A young MP has accused us of working for money. Let me make it clear—we don't need money. During their tenure, the BJP did not complete even a single meaningful project. They could not even bring in one rupee from the central government.

Free metro shuttle boosts connectivity

To enhance last-mile connectivity for commuters in Electronics City, the Electronics City Industrial Township Authority (ELCITA) has launched a free Metro Feeder Shuttle Service from August 11. The service connects Electronics City Metro Station (EC-1) and Infosys Foundation Metro Station (EC-2), passing through key junctions like HPE, Oterra, Siemens, BHEL, Velankani, Wipro, Neeladri Road, and Shanthipura Road. Shuttles on five rotes ease IT commute, operating weekdays with live tracking. **–BMB**

KSRTC earns global recognition

The Karnataka State Road Transport Corporation (KSRTC) has won two international honours at the Asia's Best Employer Brand Awards 2025 in Singapore. The corporation was recognised under the categories of Institution Building and Best Inclusion Recruitment Program at the 20th Employer Branding Awards on August 11. After six years, KSRTC resumed recuritment, hiring 2,600 staff through a transparent digital process securing global recognition for inclusive practices. **–BMB**

K'taka NCC clinches shooting hat-trick

The Karnataka Directorate of the National Cadet Corps (NCC) has secured top honours at the NCC Inter Directorate Sports Shooting Competition 2025, held at Shivaji University, Kolhapur. This victory marks Karnataka's third consecutive triumph, reaffirming its dominance and consistency in the prestigious event. Cadets discipline and tarining shine in national victory. **–BMB**

545 PSI vacancies to be filled soon

Home Minister G Parameshwara on Monday announced that appointment orders for 545 candidates selected as Police Sub-Inspectors will be issued within the next 15 days. He recalled that the recruitment process under the previous government was marred by irregularities, stalling appointments for nearly five years and leaving thousands of posts vacant. Candidates train; 402 under medical review. **–BMB**

BM Trippin' Tales — Consumer Connect Initiative

Benakanahalli emerges monsoon paradise of waterfalls and temples

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If you're looking for a quick escape this monsoon, head just 15 km from Doddaballapur and discover the enchanting village of Benakanahalli, where nature, waterfalls, and heritage come alive. Nestled near Yeddalahalli, this serene hamlet has transformed into a monsoon paradise with the recent downpour swelling streams, cascading rivulets, and creating picture-perfect mini waterfalls.

The highlight of Benakanahalli during the rains is its seasonal waterfall. Surrounded by lush green hills, the gushing waters provide a refreshing sight, accompanied by the melody of chirping birds and the occasional peacock dancing in the drizzle. Many visitors compare the misty landscapes here to Malenadu—the famed Western Ghats—without the need for a long drive. Photos and videos capturing the village's monsoon charm are already drawing attention on social media.

Beyond its natural beauty, Benakanahalli is steeped in spiritual significance. The ancient Sri Benakappa Swamy temple houses naturally-formed stone idols resembling a Shiva Linga and the face of Lord Ganesha. Worshipped by locals for generations, the site is believed to radiate divine energy. Over the years, newer temples such as the Shani Mahatma Swamy temple and Sri Venugopala Swamy temple have been established, adding to the village's role as a spiritual hub. An ISKCON-run goshala, or cow shelter, has further enriched the area's cultural and rural experience, attracting visitors seeking a wholesome retreat.

Seasonal waterfalls and misty hills surround Benakanahalli, where peacocks dance and visitors compare its charm to Malenadu landscapes

What sets Benakanahalli apart is the harmony between faith and nature. The roar of cascading water blends with the sound of conches and temple bells, while villagers continue age-old traditions of prayer and worship. This atmosphere of timeless devotion, coupled with vibrant greenery, has made the hamlet a weekend getaway for families, trekkers, and photography enthusiasts from Bengaluru.

To maintain order, police beat patrols are stationed around the temples and natural sites. Locals also appeal to visitors to respect the sanctity of the area and ensure cleanliness.

This monsoon, Benakanahalli stands out as a hidden gem just outside Bengaluru. Offering waterfalls, shrines, and countryside serenity, the village promises both peace and adventure—making it an ideal short escape from the bustle of the city.

> **"Benakanahalli is an enchanting monsoon paradise with gushing waterfalls and a timeless spiritual aura that feels like a slice of Malenadu, making it an ideal weekend retreat** –A visitor

Disaster relief fund: State bags record ₹3,528 crore

Centre grants K'taka highest NDRF aid, including drought funds, with experts urging focus on climate resilience, mitigation

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Karnataka has received the highest allocation under the National Disaster Response Fund (NDRF) in 2024-25 for all calamities, including floods and cyclones.

The Centre has released a record 3,528 crore to the state, the largest share sanctioned to any state this year. Tamil Nadu stands next with 360.09 crore, followed by Sikkim (229.82 crore), Tripura (186.40 crore), Nagaland (181.81 crore) and Uttar Pradesh (172.95 crore).

Under the National Policy on Disaster Management (NPDM), the primary responsibility for managing disasters and disbursing relief lies with state governments. While they use the State Disaster Response Fund (SDRF) for immediate relief measures, the Centre supplements efforts through NDRF allocations and logistical support.

Former director of the Karnataka State Natural Disaster Management Centre (KSNDMC), Dr. G.S. Srinivas Reddy, said the latest allocation also accounts for damages from the 2023 drought. He urged that a substantial share be invested in long-term preparedness.

"The 3,528 crore includes assistance for the severe drought of 2023, which left many areas in distress. While relief is critical, at least 30 per cent should be channelled into mitigation and capacity building. Extreme weather events, particularly hydrometeorological disasters, are becoming more frequent due to climate change," Dr Reddy said.

Karnataka, one of the most climate-vulnerable states, has repeatedly faced floods, droughts, and cyclones in recent years. Experts say the unprecedented allocation highlights both the scale of recent losses and the need to strengthen future resilience.

IN FOCUS
DISASTER FUNDING

Disaster management plans at state and district levels aim to strengthen preparedness and capacity building against rising extreme weather events

State disaster management authorities are responsible for drafting comprehensive disaster management plans in consultation with district administrations and local bodies, while aligning them with national guidelines. These cover preparedness, relief, rehabilitation and long-term risk reduction.

At the district level, authorities are expected to prepare their own plans in coordination with local agencies, ensuring that ground-level realities are addressed. Officials emphasise that effective use of the NDRF allocation will require seamless coordination between state, district, and local bodies.

> **"A sizable amount from the NDRF fund should be prioritized for mitigation and capacity building in the face of climate disasters**
>
> –Dr GS Srinivas Reddy

With climate change intensifying the severity of natural disasters, experts warn Karnataka must strike a balance between providing immediate relief and investing in mitigation to safeguard vulnerable communities in the future.

INBRIEF

Horatti sets record in council

Basavaraj Horatti, Chairman of the Karnataka Legislative Council, has scripted history by completing 45 years in the Upper House, the longest tenure ever. Popularly known as "Horatti Master" in Hubballi-Dharwad, he first entered the Council in 1980 from the teachers' constituency and has since been re-elected repeatedly, often due to personal merit beyond party politics. A teacher-turned-politician, Horatti has earned respect as a sharp, uncompromising voice for people's concerns while mentoring younger legislators. Having seen 17 chief ministers, he has worked in government and opposition, notably as Education Minister, where he introduced reforms. **–BMB**

K'taka rejects NEP, backs SEP

Karnataka will frame its own State Education Policy (SEP) instead of implementing the National Education Policy (NEP), Education Minister Madhu Bangarappa announced on Sunday. He argued that the NEP would allow outsiders to control Karnataka's education system, undermining its culture and traditions. The SEP, he said, will prioritise teaching students about the state's heritage, history, and thinkers like Kuvempu, while also reflecting the nation's positive aspects. Emphasizing inclusive education beyond caste and regional divides, the minister stressed the need to strengthen the system. **–BMB**

Bengaluru–Tumakuru line to be quadrupled

Union Minister of State for Jal Shakti and Railways V Somanna announced that the Bengaluru–Tumakuru railway line will be quadrupled to meet increasing transport demands and allow more train services. He further said that the long-awaited Tumakuru–Davanagere railway line has gained momentum, ensuring direct connectivity between Bengaluru and Davanagere. Currently, trains travel a longer route via Tumakuru, Kadur, and Chikjajur. The minister highlighted that the new line, along with parallel projects will greatly enhance rail infrastructure. **–BMB**

Filling vacancies: 310 new forest watchers hired

To address the shortage of frontline staff, the Karnataka Forest Department (KFD) has recently recruited 310 forest watchers, while the process to hire 540 forest guards is underway, Forest Minister Eshwar Khandre informed the Legislative Council. Highlighting steps to manage rising human-wildlife conflict, he said an exclusive elephant task force will soon be established in Dakshina Kannada district. The 32-member team will be tasked with driving elephants back into forest areas. **–BMB**

IISc unlocks glucose transporter pathway for better diabetes treatment

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Researchers from the Indian Institute of Science (IISc) have come up with a finding that can make Type 2 diabetes easier to manage. They say the findings have important therapeutic implications. Current diabetes treatments largely target insulin action in peripheral tissues like muscle and fat, but this new work may be able to slow down disease progression and personalise therapies based on a patient's metabolic state.

The study, from the Department of Developmental Biology and Genetics (DBG) at IISc, focuses on how pancreatic β-cells handle glucose uptake. These cells play a crucial role in regulating blood sugar by releasing insulin when glucose levels rise. For this to happen, proteins known as glucose transporters move to the surface of β-cells, allowing glucose to enter and trigger insulin release.

In people with Type 2 diabetes, this traffic system falters. The IISc team found that fewer glucose transporters reach the cell surface, and their recycling is disrupted. As a result, glucose enters the cell more slowly, reducing the docking of insulin granules at the membrane. This weakens the body's ability to keep blood sugar under control.

"Most studies have looked at what happens after glucose enters the β-cell. We focused on the step before that, the actual entry of glucose, and how this is disrupted in diabetes," said Anuma Pallavi, a PhD student in DBG and first author of the study. "By understanding the dynamics of these transporters, we can identify new points to intervene and improve β-cell function."

To track this process, the researchers used advanced live-cell imaging in both humans and mice. In healthy cells, rising glucose levels triggered a rapid deployment of glucose transporters to the membrane. These transporters were then cycled in and out through a process called clathrin-mediated endocytosis, which ensured a steady supply at the surface. In diabetic cells, however, this cycle was poorly managed, impairing glucose uptake.

The study reveals that faulty glucose transporter cycling in diabetic β-cells slows glucose entry, weakening insulin granule docking and secretion

The work was led by Assistant Professor Nikhil Gandasi and is published in the journal Proceedings of the National Academy of Sciences (PNAS). Gandasi's lab has previously identified Pheophorbide A, a plant-derived molecule that interacts with glucose transporters and boosts insulin release.

"If we can restore proper glucose transporter trafficking, we may be able to slow down disease progression and personalise therapies based on a patient's metabolic state," Gandasi said.

The findings, researchers say, open the door to new therapeutic strategies that go beyond existing treatments and could significantly improve diabetes management in the future.

2 FIRs, 3 arrests, 1 suicide in city this year

CONTINUED FROM PAGE 1

Kolar, and KGF reported harassment cases without suicide incidents.

Crackdown and new ordinance

Dr. Parameshwara informed the House that the government has taken legislative and enforcement measures to curb microfinance harassment. The Karnataka Micro Loan and Small Loan (Prohibition of Coercive Recovery Measures) Ordinance, 2025 was issued on February 12, 2025, following rising complaints. Since the ordinance, 97 cases have been registered, with 40 FIRs filed and multiple arrests made.

The government has directed police to register cases under the new law and conduct awareness campaigns urging victims to file complaints without fear. Police beat meetings and public grievance sessions now include specific discussions on microfinance harassment, with instructions to take legal action against violators.

The Home Minister said police are holding jurisdiction-wise meetings with microfinance firms, warning them to follow RBI norms and resolve disputes legally. Loan applications are being vetted for multiple borrowings, unregistered firms are barred from lending, and violators risk closure or loss of registration. Victims are urged to approach police immediately, with strict enforcement and prosecution promised under the new ordinance.

Clean up your act

Transport Minister directs strict action on unhygienic toilets at bus stands

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Transport Minister Ramalinga Reddy has issued a directive to all transport corporations to prioritise cleanliness at bus stands and take strict action against private agencies that fail to maintain hygienic toilets.

The directive, issued on August 14, followed a complaint from a female passenger about the nuisance caused by the men's toilet near the ticket counter at Mysore Road Satellite Bus Stop. The Minister immediately instructed officials to construct a barrier at the spot and emphasised that such preventive measures should be taken by transport organisations without waiting for passenger complaints.

In the circular, Reddy highlighted several concerns repeatedly raised by commuters, poor hygiene in toilets at bus stands, contractors charging more than the prescribed fee, and even misbehaviour with passengers who question the charges. "If private agencies appointed through tenders do not perform effectively, urgent notices should be issued, and contracts must be cancelled. There should be no compromise in maintaining cleanliness," the directive stated.

Why this directive

A senior Transport Department official told BM that inspections will be carried out at major bus terminals across the State. "Even when toilets are free, passengers complain that money is being collected. Attendants often demand small amounts ranging from ₹2 to ₹5, claiming it is a 'maintenance fee.' These complaints are being taken very seriously," the official said.

Passengers also say the poor upkeep makes paying feel pointless. Toilets are often unhygienic, lack water supply, and are poorly maintained despite fees being collected. A resident from Kengeri said, "The public toilets at Kengeri bus terminal are not clean, and paying to use them is useless." A college student added that she avoids the facilities entirely because of the unhygienic conditions, saying she "never used it for the same reason".

The Minister, who is also in charge of Ramanagara district, stressed that transport corporations, as public service organisations, must ensure basic cleanliness and dignity for passengers at all bus stands. Managing Directors of KSRTC, BMTC, and NWKRTC have been specifically directed to improve cleanliness in all bus stations under their jurisdiction.

.Reddy warned that repeated complaints about unhygienic facilities and overcharging for toilets will not be tolerated.

Dharmasthala case: SIT to halt probe till chemical, DNA analysis report arrive

In a major development pertaining to the mass grave case, Karnataka Home Minister G Parameshwara has said that until the chemical and DNA analysis reports are available, the investigation into the matter will remain on hold, adding that the Special Investigation Team (SIT) has taken this decision.

He made the statement on the floor of the Legislative Assembly while replying to BJP members on the matter. Responding to a question on how long the SIT investigation would continue, Parameshwara said: "So far, only exhumation work has been undertaken. The collected samples have been sent for DNA and soil analysis. Once the reports come, the real investigation will proceed on that basis.

"The digging has taken place at multiple sites. In one location, a skeleton has been recovered, and in another, bones have been found. They have been sent to the Forensic Science Laboratory (FSL). In other places, the soil is lateritic and acidic in nature. Whatever remains are there, including bones, will dissolve in such soil. Samples from all these spots have been collected and sent to the lab."

"The recovered skeleton and bones have to be analysed. Every sample collected from different spots must be examined. Only after this analysis is completed can the probe move forward," he added.

The skull presented by the complainant at the beginning of the case has also been sent to the FSL, he said.

Responding to the BJP's demand on why the unknown complainant, also called the "masked man", is not in police custody, Parameshwara said: "The complainant has been given protection under the Witness Protection Act. The committee headed by the Principal District Judge, along with the Superintendent of Police and the Public Prosecutor, has granted protection to him and his family. Hence, it is not possible to arrest him or take him into custody."

He stressed that the investigation is being taken up seriously, conducted transparently, and without any pressure. "A fair probe is underway," he said. **IANS**

Your Connect

personal

CHANGE OF NAME

I, Pavan Vannali S/O Krishna Shyamappa Vannali R/o 60 6th Main, Meenakshinagar B'luru-560079 have changed my name to Pavan Vannali Krishna.

I, BARANICHAKRAPANI VISWANATHAN R/o D2- 203, Astro Rosewood Regency, Kaikondrahalli, Bangalore, Carmelaram post, Bangalore Dist-560035 have changed my minor son's name from from Pranav Baranichakrapani to B.PRANAV

I, BARANICHAKRAPANI VISWANATHAN R/o D2- 203, Astro Rosewood Regency, Kaikondrahalli, Bangalore, Carmelaram post, Bangalore Dist- 560035, have changed my minor daughter's name from LAKSHANA BARANI CHAKRAPANI to B.LAKSHANA

I, VARALAKSHMI P R/o No 180/1 3 Rd Cross Gottigere Bangalore 560083 Have changed my name to VARALAKSHMI for all Purposes.

I, Apurav Luneya R/O Panchratna Apts,Gandhinagar, Bangalore, have changed name of my daughter from Garrvi Apurav Luneya to Samriddhi Luniya for all purposes

I, Aman Kumar Jaiswal alias Aman KR Jaiswal R/o VBHC palm haven-2 Flat.1103, A4 block Bengaluru 560060 have changed my name to Aman Jaiswal Affidavit Dt.18/08/2025 notary Harisha G, B'luru

I, Nemaram C Choudhary S/o Chellaram R/o 993/52, 55th Cross Road, 3rd block, Rajajinagar, Bengaluru 560010 have changed my name to Nemaram Choudhary for all purposes

I, SHILPA RAJU PAHUJA, ARGE Urban Bloom B-701, 30/A, 2nd Stage, Modern Bread Factory, Yeshwanthpur, Bengaluru-560022, have changed my name to SHILPA PAHUJA, vide affidavit dt: 18-08-2025 before notary Renuka C, B.lore

I Nisha Praveen Jain w/o Gourav Harish Dhelaria r/o No.12(277), 8th Cross, 10th Main, GS Shivarudrappa Road, Hanumanthnagar, Bangalore - 560019 have changed my name to Nisha Jain.

I, Monteiro Maria Sunita W/o Dhashna Murthy J Naidu R/o G3, GF, Venus Residency Gubbalala Main Road Subramanyapura B'lore-560061 have changed my name to Sunita Dhashna Murthy Naidu.

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Spots near colleges turn smoking zones

CONTINUED FROM PAGE 1

is unchecked. "Even our routine morning and evening walks have been badly affected, and it's the children and elderly who suffer the most," a resident said.

30 cases booked daily

Despite the ban, enforcement has struggled to keep pace. According to HSR Layout police, an average of 20 to 30 cases are booked daily under COTPA, with special beat-wise drives conducted twice a week, mainly on weekends.

Karnataka's amended COTPA (2024) came into effect in May, introducing tougher restrictions. The legal age for tobacco purchase was raised from 18 to 21 years, loose cigarette sales were banned, hookah lounges were outlawed, and fines for public smoking were hiked from ₹200 to ₹1,000. Notices were also issued to 412 hotels and pubs for failing to set up designated smoking zones.

Despite these measures, implementation on the ground remains uneven.

Data from the City Crime Record Bureau points to a sharp surge in public smoking cases this year compared to last. Between January 2024 and April 2025, enforcement agencies booked 57,130 violations under COTPA, collecting nearly ₹80 lakh in fines. A focused drive in early June alone added 11,507 cases, over ₹21 lakh in penalties, and 909 FIRs.

By May 2024, cases had already surpassed the previous year by 8,768, with fines collected rising by ₹10,84,950. These figures underline the paradox, that enforcement has intensified, but the scale of violations, especially around residential neighbourhoods, colleges, and public hangouts, continues to be deeply concerning.

Despite thousands of cases and fines running into lakhs, the problem refuses to die down, over residential lanes and campuses. Residents say it's no longer just about law enforcement but a question of public health and civic responsibility.

They argue that unless enforcement shifts focus from symbolic drives to sustained, ground-level checks, public smoking will remain a menace in Bengaluru's neighbourhoods.

HEALTH TIP: Avocados are rich in fiber and healthy monounsaturated fats, which promote satiety while also aiding smooth digestion

Curry leaves are known to support digestion, reduce bloating, and improve nutrient absorption

BangaloreMirror | 9
Tuesday, August 19, 2025
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Real villain in our diets...

Understanding ultra-processed foods may be a bit more nuanced

Ultra-processed foods (UPFs) have become public enemy number one in nutrition debates.

From dementia to obesity and an epidemic of "food addiction", these factory-made products, including crisps, ready meals, fizzy drinks and packaged snacks, are blamed for a wide range of health problems.

Some experts argue that they're "specifically formulated and aggressively marketed to maximise consumption and corporate profits", hijacking our brain's reward systems to make us eat beyond our needs.

Policymakers have proposed bold interventions: warning labels, marketing restrictions, taxes, even outright bans near schools. But how much of this urgency is based on solid evidence? My colleagues and I wanted to step back and ask: what actually makes people like a food? And what drives them to overeat – not just enjoy it, but keep eating after hunger has passed?

We studied over 3,000 UK adults and their responses to over 400 everyday foods. What we found challenges the simplistic UPF narrative and offers a more nuanced way forward. Two ideas often get blurred in nutrition discourse: liking a food and hedonic overeating (eating for pleasure rather than hunger).

Liking is about taste. Hedonic overeating is about continuing to eat because the food feels good. They're related, but not identical. Many people like porridge but rarely binge on it. Chocolate, biscuits and ice cream, on the other hand, top both lists.

We conducted three large online studies where participants rated photos of unbranded food portions for how much they liked them and how likely they were to overeat them.

We then compared these responses with three things: the foods' nutritional content (fat, sugar, fibre, energy density), their classification as ultra-processed by the widely used Nova system – a food classification method that groups foods by the extent and purpose of their processing – and how people perceived them (sweet, fatty, processed, healthy and so on).

Perception power

Some findings were expected: people liked foods they ate often, and calorie-dense foods were more likely to lead to overeating.

But the more surprising insight came from the role of perceptions. Nutrient content mattered – people rated high-fat, high-carb foods as more enjoyable, and low-fibre, high-calorie foods as more "bingeable".

> **Some UPFs are trouble, but labelling entire categories of food as bad based on their processing misses complexity of eating behaviour**

But what people believed about the food also mattered, a lot. Perceiving a food as sweet, fatty or highly processed increased the likelihood of overeating, regardless of its actual nutritional content. Foods believed to be bitter or high in fibre had the opposite effect.

In one survey, we could predict 78% of the variation in people's likelihood of overeating by combining nutrient data (41%) with beliefs about the food and its sensory qualities (another 38%).

In short: how we think about food affects how we eat it, just as much as what's actually in it.

This brings us to ultra-processed foods. Despite the intense scrutiny, classifying a food as "ultra-processed" added very little to our predictive models.

Once we accounted for nutrient content and food perceptions, the Nova classification explained less than 2% of the variation in liking and just 4% in overeating.

That's not to say all UPFs are harmless. Many are high in calories, low in fibre and easy to overconsume. But the UPF label is a blunt instrument. It lumps together sugary soft drinks with fortified cereals, protein bars with vegan meat alternatives.

Some of these products may be less healthy, but others can be helpful – especially for older adults with low appetites, people on restricted diets or those seeking convenient nutrition. The message that all UPFs are bad oversimplifies the issue. People don't eat based on food labels alone. They eat based on how a food tastes, how it makes them feel and how it fits with their health, social or emotional goals.

Relying on UPF labels to shape policy could backfire. Warning labels might steer people away from foods that are actually beneficial, like wholegrain cereals, or create confusion about what's genuinely unhealthy.

Instead, we recommend a more informed, personalised approach:

- Boost food literacy: help people understand what makes food satisfying, what drives cravings, and how to recognise their personal cues for overeating.
- Reformulate with intention: design food products that are enjoyable and filling, rather than relying on bland "diet" options or ultra-palatable snacks.
- Address eating motivations: people eat for many reasons beyond hunger – for comfort, connection and pleasure. Supporting alternative habits while maximising enjoyment could reduce dependence on low-quality foods.

Not processing

Some UPFs do deserve concern. They're calorie dense, aggressively marketed and often sold in oversized portions. But they're not a smoking gun.

Labelling entire categories of food as bad based purely on their processing misses the complexity of eating behaviour. What drives us to eat and overeat is complicated but not beyond understanding. **(By Graham Finlayson and James Stubbs, University of Leeds, The Conversation)**

MIRRORLIGHTS

Study finds Covid-19 may have aged blood vessels by 5 years

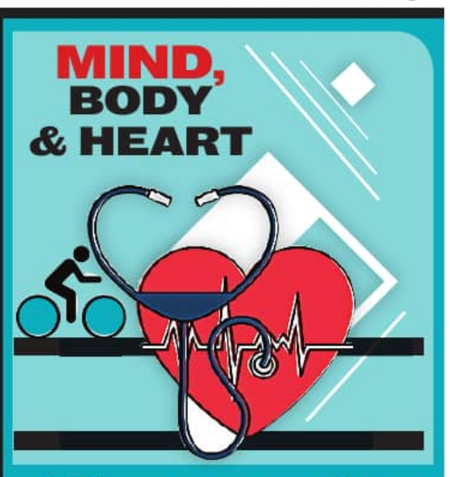
A Covid-19 infection could age one's blood vessels by about five years, especially among women, according to a new study.

The effect was found to be stronger among women who experienced persistent symptoms after recovering from COVID-19 -- collectively termed 'long Covid' -- such as shortness of breath and fatigue.

"Since the pandemic, we have learned that many people who have had (COVID-19) are left with symptoms that can last for months or even years. However, we are still learning what's happening in the body to create these symptoms," lead researcher Rosa Maria Bruno from Université Paris Cité, France, said.

The study, published in the European Heart Journal, looked at around 2,400 people -- about half were women -- from across 16 countries, including Australia, Brazil and those in Europe.

While blood vessels are known to become stiffer with age, a COVID-19 infection can accelerate the process and can heighten the risk of developing cardiovascular disease, including stroke and heart attack, the researchers said. **-PTI**



All you need to know about...

Exercise for back pain

Cat-Cow Stretch

The cat-cow stretch is a gentle, flowing yoga move that warms up your spine and improves flexibility. By alternating between arching and rounding your back, it releases tension and boosts posture in just a few breaths.

How to do it:

Start on hands and knees – hips over knees, hands under shoulders. Inhale and arch your spine, lifting your tailbone and head (Cow).

Exhale and round your spine, tucking your chin toward your chest (Cat).

Repeat for 1–2 minutes in a slow, fluid rhythm. The movement enhances spinal mobility and helps reset spinal alignment, while deep breathing further relaxes muscles. It's especially effective first thing in the morning or after prolonged sitting.

Glute Bridge

The glute bridge is a simple yet powerful exercise that targets your glutes, hamstrings, and core. Perfect for building lower-body strength and improving posture, it's a must-have move in any workout routine.

How to do it:

Lie on your back with knees bent and feet hip-width apart, ensuring your heels are close enough that you can just touch them with your fingertips.

Engage your core, press down firmly through your heels, and lift your hips toward the ceiling until your body forms a straight line from shoulders to knees.

Hold for 5-10 seconds before lowering. Repeat 10-15 times. Strengthening these muscles helps stabilise the spine.

Pelvic Tilts

Perfect for strengthening the lower back and abdominal muscles.

How To Do It:

Lie on your back with knees bent and feet flat.

Tighten your abs to flatten your lower back against the floor, then gently tilt your pelvis upward.

Hold for 5 seconds and release; repeat 10-15 times.

-Femina

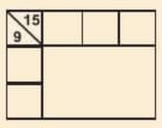
mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
@BangaloreMirror

SOLVE IT IN A MINUTE

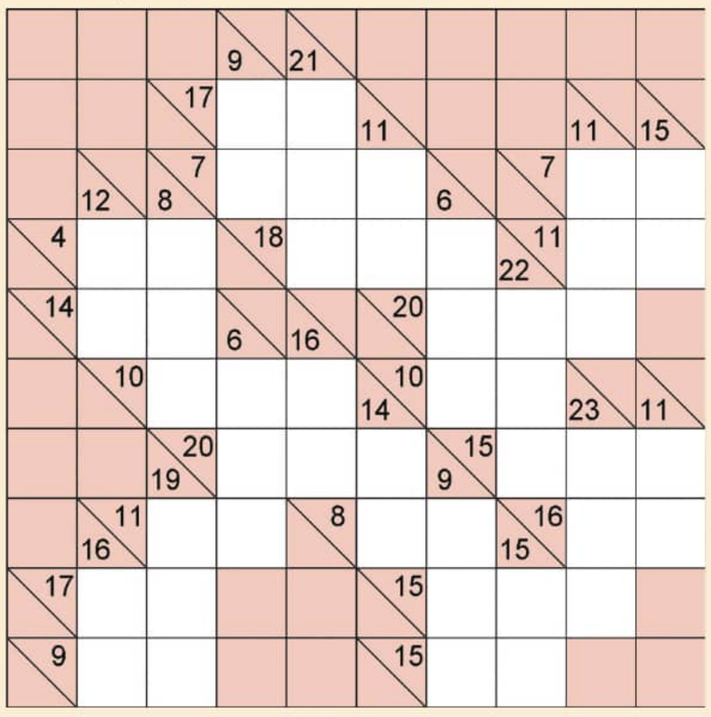
4–6–(6–4)–6–6!–725 = ?

Kakuro

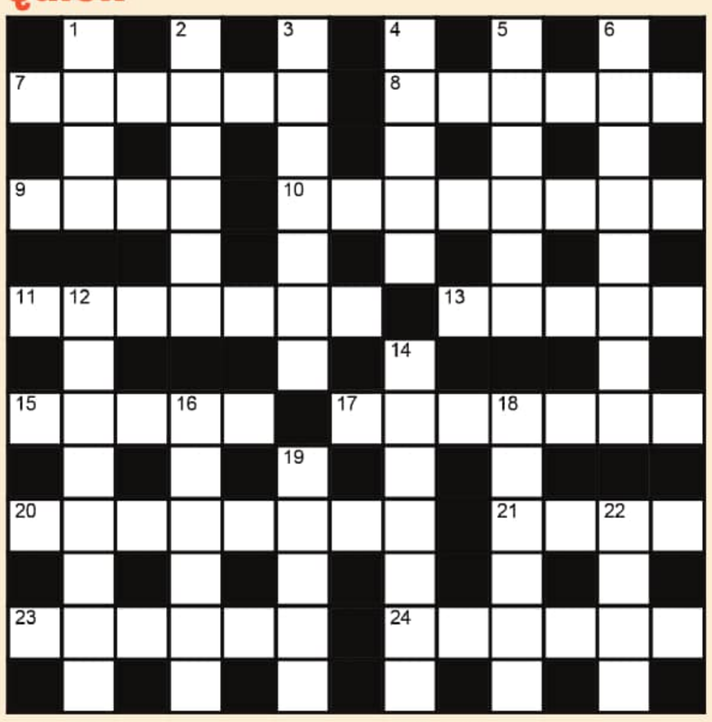
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Stoat-like animal (6)
8 Maintain (6)
9 Slight advantage (4)
10 Eventually; after considerable time? (2,6)
11 Tried qualities of? (7)
13 Inquired of (5)
15 Remove feathers (5)
17 Truth detector (3,4)
20 Bring a claim in a lawsuit (8)
21 Egypt's river (4)
23 Shout or cry out in panic (6)
24 Wounded badly (6)

DOWN

1 South African plains (4)
2 In the land of Nod (6)
3 Gathered harvesters' leavings (7)
4 Bengaluru ___ : Our Pro Kabaddi league side (5)
5 Thick pieces or lumps (6)
6 Wagers (8)
12 Very well! (3,5)
14 Quandary (7)
16 Institution for medical care (6)
18 Form of bowling (6)
19 Supports or promotes (5)
22 Told an untruth (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: R EQUALS S

NUQHQ BR PBNNPQ RGSSQRR TUQHQ NUQHQ BR PBNNPQ PEGKUNQH.

Linemaro

Didn't I see you at McDonald's?

Mindchow

The highest reward for a person's toil is not what they get for it, but what they become by it

Joke of the day

A graduation ceremony is an event where the commencement speaker tells thousands of students dressed in identical caps and gowns that individuality is the key to success.

Loop

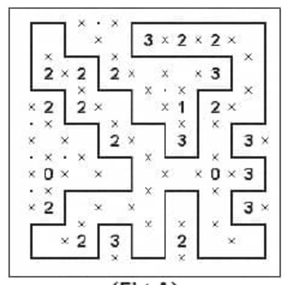
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

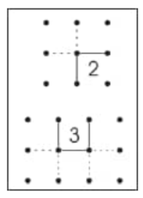
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

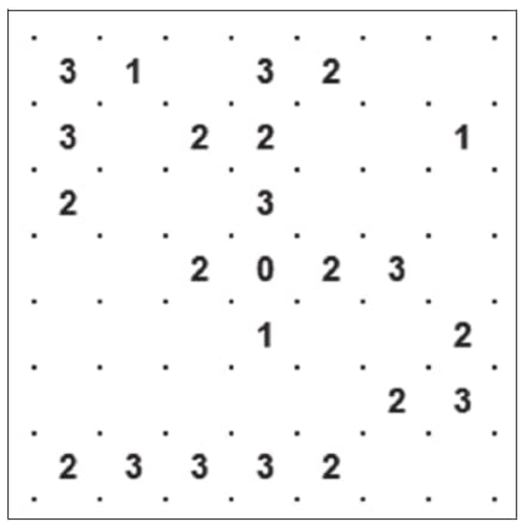
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



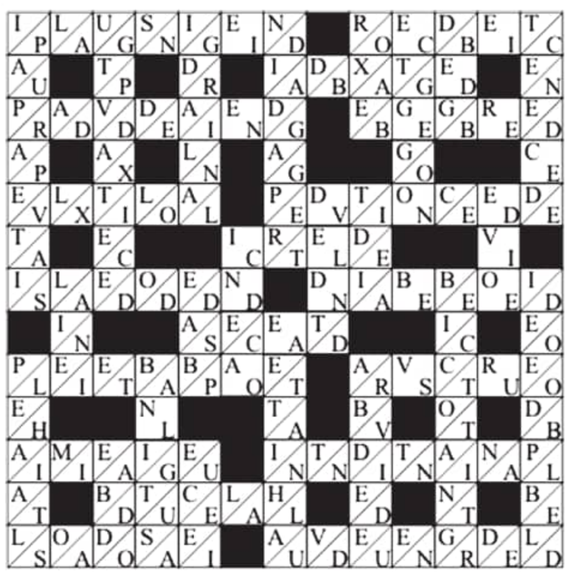
(Fig A)



(Fig B) Not Allowed



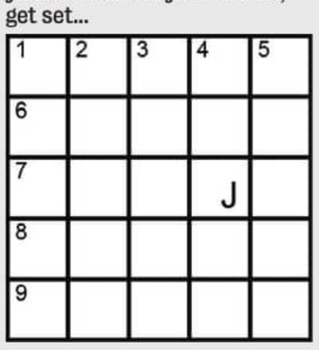
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Davis; 6 Al Zen;
7 Jag an; 8 Or git;
9 A cuss

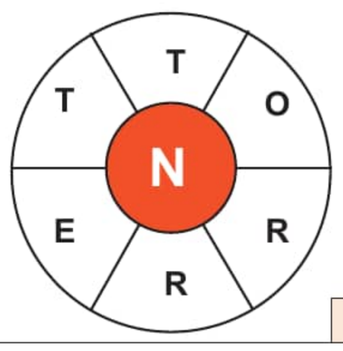
DOWN

1 Gag ad; 2 Sizar;
3 Vic in; 4 A Juno;
5 Sates

Mensapuzzle

Which letter replaces the question mark and completes the sequence?

9	L	6
3	S	5
11	G	9
4	J	13
3	?	8



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

SudokuChallenge

	8	9	6		7	4	5	
	7		5		4		8	
			9		3			
4								7
		3	4		1	6		
5								3
			1		9			
	4		8		2		3	
	3	5	7		6	2	9	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 7
2 4 4 5

Medium = 17
2 6 6 7

Hard = 8
2 5 7 7

Hocusfocus

Find at least six differences in details between panels.

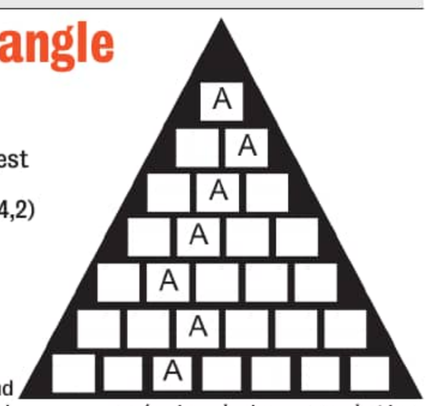
Differences: 1. Fork is longer. 2. Back of chair is higher. 3. Hair is different. 4. Calendar is lower. 5. Drawer is smaller. 6. Cabinet is not as wide.

Riddler

I have 7 letters. 1-2-3-4-5-6-7 Letters 1-2-6-3-5-4-7 mean the compactness of something. Letters 7-2-4-5 mean a legendary large, hairy creature that is said to inhabit the Himalayas. Letters 7-2-3 mean something that is said to show approval, which you wouldn't be saying if you were trying to 1-2-6-7 something. Letters 4-5-2-1 mean that everything is equal. The whole word means a predetermined course of events.

Alpha triangle

1 Blood gr.
2 Dad
3 Bug the phone
4 Historian's interest
5 Gasps
6 Attack verbally (4,2)
7 Austere

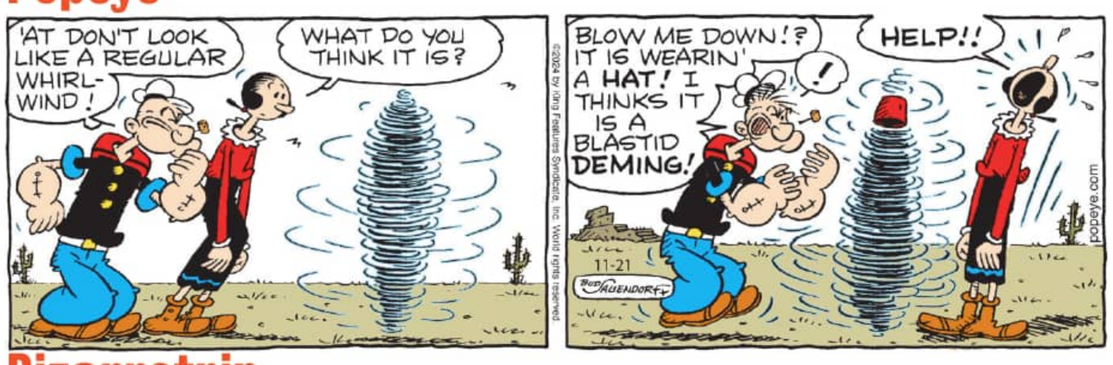


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


'AT DON'T LOOK LIKE A REGULAR WHIRL-WIND!
WHAT DO YOU THINK IT IS?
BLOW ME DOWN!? IT IS WEARIN' A HAT! I THINKS IT IS A BLASTID DEMING!
HELP!!
11-21
popeye.com

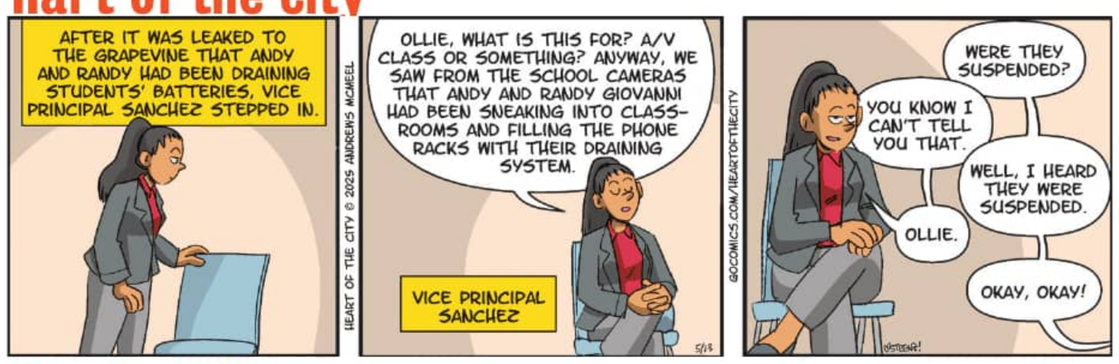
Bizarrotrip

BIZARRO.COM
Wayno & 3 PIRATES 5-13-25
As promised, your beauty and your jokes remain fresh, Dorian.
©2025 BIZARRO STUDIOS
Dist. by King Features

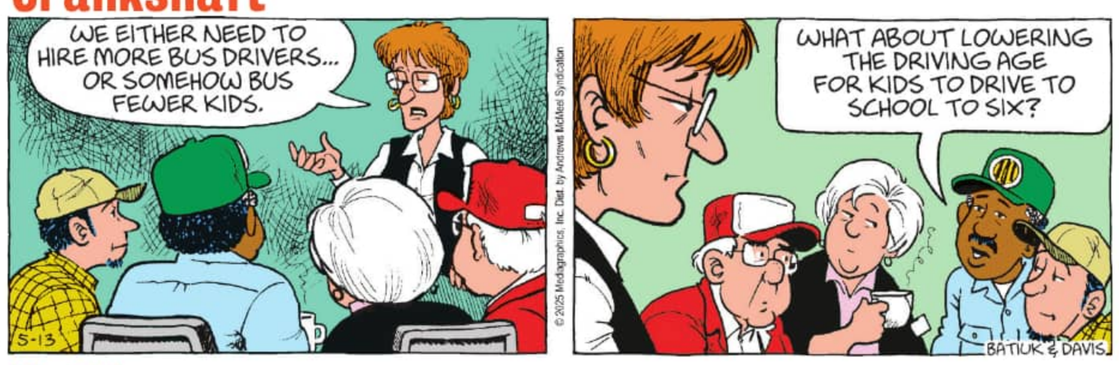
Diamond Lil

HERMAN, WHEN YOU GO TO A FOOD TRUCK...
YOU DON'T EAT THE TRUCK
I CAN TELL YOU'VE NEVER HAD THEIR SPARK PLUG STIR-FRY!
©2025 creators.com 5/13
www.creators.com

Hart of the city


AFTER IT WAS LEAKED TO THE GRAPEVINE THAT ANDY AND RANDY HAD BEEN DRAINING STUDENTS' BATTERIES, VICE PRINCIPAL SANCHEZ STEPPED IN.
HEART OF THE CITY © 2025 ANDREWS MCMEEL
OLLIE, WHAT IS THIS FOR? A/V CLASS OR SOMETHING? ANYWAY, WE SAW FROM THE SCHOOL CAMERAS THAT ANDY AND RANDY GIOVANNI HAD BEEN SNEAKING INTO CLASS-ROOMS AND FILLING THE PHONE RACKS WITH THEIR DRAINING SYSTEM.
VICE PRINCIPAL SANCHEZ
5/18
WERE THEY SUSPENDED?
YOU KNOW I CAN'T TELL YOU THAT.
WELL, I HEARD THEY WERE SUSPENDED.
OLLIE.
OKAY, OKAY!
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft


WE EITHER NEED TO HIRE MORE BUS DRIVERS... OR SOMEHOW BUS FEWER KIDS.
WHAT ABOUT LOWERING THE DRIVING AGE FOR KIDS TO DRIVE TO SCHOOL TO SIX?
5-13
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BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel detached from reality and find it hard to take responsibility for certain matters. Investments could lead to minor losses, so read all documents carefully before signing. Concerns about an elder's health may trouble you. If you've been planning home renovations, it's better to postpone them for now.

Taurus Apr 21 – May 20
Helping those in need could boost your social respect today. You'll give your full effort at work, allowing you to finish tasks ahead of schedule. Good news from a sibling may brighten your day. However, overwork could cause fatigue, so avoid stress as it may affect both your professional and personal life. Meditation or fasting may help you restore balance.

Gemini May 21 – Jun 21
Family gatherings and social events may keep you busy today. Your polite and warm demeanor will enhance your reputation among friends and relatives. You might spend on artifacts or decorative items to elevate your social status. Good news from a close relative could make the day more joyful.

Cancer Jun 22 – July 23
Disputes with siblings may finally be resolved, strengthening your bond. Your strong vitality will help you complete challenging projects with ease. A short work-related trip may help you expand your network. Acts of kindness toward those in need will further raise your social standing.

Leo Jul 24 – Aug 23
A sense of dissatisfaction may leave you feeling lazy or unmotivated, slowing progress on your work. Lovebirds should avoid making major marriage-related decisions today. Job seekers might face disappointments in interviews. Precious time could be wasted on unproductive activities, so focus is key.

Virgo Aug 24 – Sep 23
You might feel low in energy and lose focus on your goals today. Avoid making unrealistic or impulsive decisions. High expectations combined with impatience could lead to frustration. Be cautious with adventurous activities or fast driving. By afternoon, financial gains may improve, and you might start collaborating with new clients, bringing future business growth.

Libra Sep 24 – Oct 22
After self-reflection, you may overcome inner weaknesses and gain confidence. This is a good day to fight off addictions or unhealthy habits. Singles could find a promising match, and couples may gain clarity in their relationship. Opportunities for overseas travel may arise, and students could hear good news about academics.

Scorpio Oct 23 – Nov 22
You'll likely feel more at ease today, with situations coming under control. Networking could help you make progress at work, and you may even plan overseas travel. Domestic harmony and romantic life are set to improve. Creativity could inspire you to bring home beautiful artifacts or plan a fun outing with friends or family.

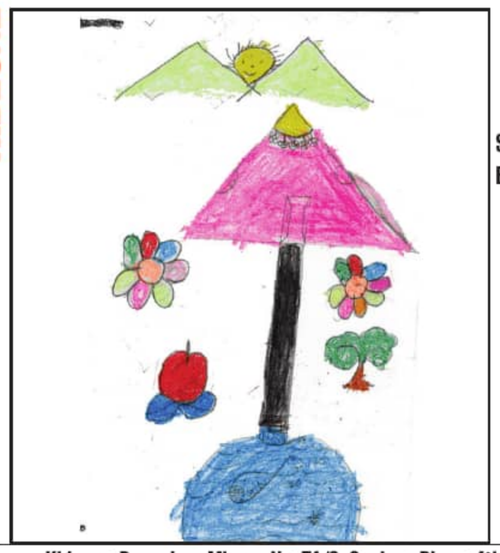
Sagittarius Nov 23 – Dec 22
Overwork might leave you exhausted and careless, so patience is essential. Postpone adventure trips for now. Past investments may lose value, and students should work harder to succeed. Minor health concerns could arise, such as backache, nervous system strain, liver issues, or skin problems.

Capricorn Dec 23 – Jan 20
Your creativity will be strong today, inspiring you to renovate your home or workspace. Purchasing decorative items could elevate your social standing. Relationships with your spouse may be harmonious, and disputes with friends, co-workers, or partners may finally resolve. Positive news regarding legal matters is also possible.

Aquarius Jan 21 – Feb 19
A highly creative day lies ahead. You may attend an artistic or cultural event. Stuck money could be recovered. Job seekers should update their skills with the latest knowledge, while students are advised to put in extra academic effort for better results.

Pisces Feb 20 – Mar 20
Your focus today may be on your children's academics, and you might plan for their higher studies. Couples may receive good news regarding children. You may also think about upgrading your own qualifications to secure a promotion. Singles could meet their ideal match.

KIDZONE



Shreya, Bengaluru

Tejashri, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= 4–6–2–6–720–725
= –2–2–6–720–725
= –10–720–725
= –730–725 = –1455

BULL'S EYE
note, rent, rotten, tenor, tent, tone, toner, torn, TORRENT

STRIKE OUT

P	L	U	N	G	E	D	R	E
U	P	R	A	D	A	G	E	E
P	A	D	D	I	N	G	E	G
P	A	L	L	G	O	E	D	
E	X	T	O	L	E	V	I	N
T	E	I	R	E	D	V		
S	A	D	D	E	N	N	A	B
N		S	C	A	T	I	O	
P	I	T	A	P	A	T	A	S
H		N		T	B	T	D	
I	M	A	G	E	I	N	I	T
A	D	U	C	A	L	D	N	
E	N	I	T	I	A	L		

FAST FIVE

A	S	C	U	S
G	R	I	O	T
G	A	N	J	A
A	Z	I	N	E
D	I	V	A	S

RIDDLER
Destiny, Dentity, Yett, Yes and Deny, Tied

QUICK
VEASEL GAMPER DOGIE ATLEND GOTH OLD FACE SKIRT ALPHA TRIANGLE

MENSA PUZZLE
P. Working in rows, add the left and right hand numbers together, and put the letter with the reverse alphabetical value of this sum in the central box.

QUOTE UNCODE
There is little success where there is little laughter.

SUDOKU

1	3	5	7	4	6	2	9	8
9	4	6	8	5	2	7	3	1
7	2	8	1	3	9	5	6	4
5	1	7	2	6	8	9	4	3
8	9	3	4	7	1	6	2	5
4	6	2	3	9	5	8	1	7
2	5	4	9	8	3	1	7	6
6	7	1	5	2	4	3	8	9
3	8	9	6	1	7	4	5	2

ALPHA TRIANGLE
A, Pa, Tap, Past, Pants, Snap at, Spartan.

GO FIGURE
Easy
5 + 4 + 2 – 4 = 7
Medium
6 + 6 – 2 + 7 = 17
Hard
7 / 7 + 5 + 2 = 8

LOOP

KAKURO

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Turning point

Priyanka Chopra celebrated 16 years of 'Kaminey' with a long note on social media. In the caption of her post, she expressed how the film was a turning point in her career. She even praised her co-star Shahid Kapoor, who was the male lead of the movie.

Sharing the stills from the film, the actress stated that she was approached for the role while she was shooting for 'Dostana' in Miami. She wrote, "Sweety Bhope. I was filming for Dostana in Miami, Florida, with @tarun_mansukhani directing and @bachchan and @thejohnabraham starring. One cool evening after we wrapped the shoot, I saw a missed call from Vishal Bhardwaj. What?? I had wanted to work with him forever and never thought he would cast me because of my 'commercial' image at the time."

She added, "He said he'd like to come see me, and he did. To Miami. I remember him telling me the story, and I said, 'Well, she has approximately 8 scenes.' And he said, 'With us working on it, it will end up being so much more. Trust me.' And I did. He promised he would make something incredible for me after this in appreciation for doing the part." Priyanka said she was always "greedy to work with him." **–ETimes**

Feeling proud

Bollywood star Shah Rukh Khan's son Aryan Khan is stepping into the world of Entertainment, but behind the camera. His directorial debut series, 'The Ba***ds Of Bollywood', has just dropped its first look, and the reactions are pouring in. And now Aryan's rumoured girlfriend, Larissa Bonesi seems impressed. She didn't hold back while praising him.

Larissa shared the teaser on her Instagram stories, writing, "Unstoppable, unmatched, and truly World's #1! Proud is an understatement!" Aryan reshared her story, showing his appreciation for her support. Her message added a personal touch to the excitement around the series.

This isn't the first time Larissa has shown support for Aryan's work. In February, when Netflix announced the show, she shared a note on Instagram. She wrote, "Thaaat's fire! 'The Ba***ds of Bollywood'." She also described the show as, "The most awaited show in the whole world. By the beast, the genius, and the number one, Aryan Khan." **–ETimes**

Rashmika, Vijay's hand-holding moment sparks rumours all over again

Actors Rashmika Mandanna and Vijay Deverakonda added glitz and glam to the 43rd India Day Parade in New York City on Sunday. The two stars, who have long been rumoured to be dating, set social media abuzz after they were spotted letting their guard down and holding hands during the event.

Serving as the Grand Marshals, the actors walked along the streets of Manhattan, flanked by security on either side. Cameras captured a rare moment of public affection as Rashmika and Vijay held hands as they walked side-by-side. On spotting the cameras, they quickly dropped their hands and waved at the crowds, fuelling fresh speculation about their relationship.

Once on the bus, the duo waved Indian flags and greeted cheering fans who had gathered to mark the occasion. Vijay looked regal in an ivory sherwani, while Rashmika dazzled in a shimmery red saree.

Fans also swooned over Vijay who lovingly placed his hand on Rashmika's shoulder during the celebrations. Reacting to the viral clips of the couple's cute PDA, a fan said, "A simple hand-hold, and somehow I'm grinning like an idiot." Another said, "Guys my #Virosh is back after so long. The vibe, the grace, the cuteness. I honestly don't think I can sleep tonight… and plus they're holding hands."

Vijay and Rashmika have long been rumoured to be an item; but they have not yet addressed the buzz. They have also not posted a photo together on Instagram.

On the work front, Vijay was last seen in the Telugu spy-thriller 'Kingdom', while Rashmika's most recent outing was 'Kuberaa'. **–ETimes**

Michelle Yeoh reveals mantra to happy marriage

Academy Award-winning actress Michelle Yeoh has shared the mantra to her happy marriage after tying the knot with Jean Todt 19 years after they got engaged.

The star met former Ferrari CEO Jean Todt in Shanghai in 2004 and they got engaged a month later, but they didn't tie the knot until 2023.

"We've been together for 21 years, and we've been married for two ... What we say is: 'Every day should be a celebration.' Why do we wait for a special day?" Yeoh told people.com.

The 63-year-old actress added about her partner: "I am so blessed because he's so supportive of what I do. I love my work. This is my passion. He never turns around and says you spend a lot of time away from me, which I have sometimes, but he's very understanding."

She also shared that Todt doesn't count their relationship in years, reports femalefirst.co.uk.

The Oscar-winner explained: "He doesn't count by years. He tells me we've been together 7,000-(something) days. And if I really ask, he'll give me hours and minutes too."

The pair recently celebrated their two-year wedding anniversary on July 27, but the actress missed it because she was travelling.

She shared a picture of the pair together on Instagram, and wrote: "Happy Anniversary with love from Paris." Yeoh previously revealed Todt's love of numbers in the program given to guests at their wedding in Switzerland in 2023, which read: "Today after 6,992 days on 27th July 2023 in Geneva, surrounded by loving family and friends, we are so happy to celebrate this special moment together." **–IANS**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

New tie-up

Vikram, Crazy Star Ravichandran's younger son, has announced a collaboration with Vijay Tata of Amrutha Cini Craft for his forthcoming movie Mudhol. Vikram made this announcement on the occasion of his birthday on Saturday. He plays the lead in Mudhol bankrolled by Raksha Vijayakumar and directed by Karthik Rajan.

Vikram thanked all those who attended his birthday celebrations. "Usually, I do not like to celebrate my birthday. I like to be busy with routine work. I came here because of Vijay Tata sir who advised me to attend the function held to announce the collaboration with Amrutha Cine Craft for Mudhol," said Vikram.

He said he was grateful to Raksha Vijayakumar for supporting Mudhol. "Raksha ma'am bankrolled my brother's movie Mugilpete. She has been supporting my dream project – Mudhol. Most of the cast and crew are newcomers. My objective is to release the movie at the right time," he said.

Sanjana Anand is paired opposite Vikram in Karthik Rajan's debut directorial for Sandalwood.

First look unveiled

Sukesh Shetty, who debuted as director in Sandalwood with Doordarshana, has been busy with post-production works of his second movie Peter. The movie's first look poster was unveiled recently.

"We released the poster of the movie recently and received good feedback. The poster showcased all the actors of the movie. It was unveiled in Telugu, Tamil, and Malayalam too," said Shetty.

Peter features Rajesh Dhruva, Raviksha Shetty, Jahnavi Rayala, Prathima Nayak, Raghu Pandeshwar, and Rama Nadagowda. It is bankrolled by Rakesh Hegde under the Prithvi Studio banner. "The movie's shooting was held for more than 30 days in and around Bagamandala in Kodagu district. Peter features the Chenda Melam, a 300-year-old music format performed during temple festivals and cultural events in Kerala," the director said.

He said the movie has all elements to entertain the audiences. "Peter, a sensitive suspense drama, highlights the importance of Bhagamandala and its beautiful surroundings. The audiences will go home with a cinematic experience," he said.